


For a handy food shopping guide simply print this card, then cut it out, fold it in half and pop it in your wallet!

**Improve your health by:**



- Trying to include foods higher in dietary fibre e.g. wholegrain cereals, beans & lentils, nuts & seeds, fruit & vegetables
- Looking for options lower in fat, saturates, sugar and salt
- Choosing a variety of fruit and vegetables to help you meet your 5 A DAY
- Filling your basket with mainly 'Greens' and 'Ambers'

[www.lets-get.com](http://www.lets-get.com) for more information

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**Food shopping card**

Check to see how much fat, sugar and salt is in your food

|                  | LOW                           | MEDIUM                | HIGH       |
|------------------|-------------------------------|-----------------------|------------|
| What is per 100g | below 3g and 1.5g and below   | Between 3g and 17.5g  | Over 17.5g |
| What is per 100g | below 5g and 1.5g and below   | Between 5g and 22.5g  | Over 22.5g |
| What is per 100g | below 1.5g and 0.3g and below | Between 0.3g and 1.5g | Over 1.5g  |
|                  | Fat                           | Saturates             | Sugars     |
|                  | Salt                          |                       |            |

LOW: below 3g and 1.5g and below

MEDIUM: Between 3g and 17.5g

HIGH: Over 17.5g